



# Return to Rugby Club & School Game Phase 1 Guidance

It is everyone's responsibility to adhere to the Scottish Government guidelines on the Covid-19 pandemic. Rugby training and matches can only return when it is safe to do so. For now - stay at home, protect the NHS and Save Lives.

Scottish Rugby will communicate further guidelines in line with Scottish Government plans.

Everyone must follow Scottish Government guidelines at:

[GOV.SCOT](https://www.gov.scot)

Stay up to date on the latest Return to Rugby guidelines for the community game at:

[SCOTTISHRUGBY.ORG](https://www.scottishrugby.org)

Updated 5 June 2020  
(in line with Scottish Government Phase 1 roadmap)

**#AsOne**

STAY HOME

PROTECT THE NHS

SAVE LIVES

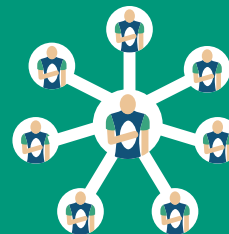


## NO ORGANISED GROUP RUGBY ACTIVITY



No organised group rugby training, coaching or games permitted.

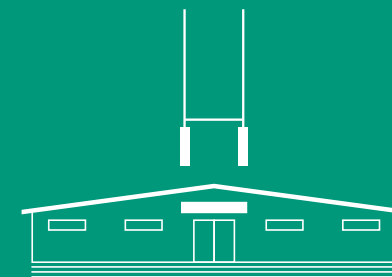
## STAY ACTIVE



Players can stay active locally outdoors with people from their own, or 1 other household (with social distancing).

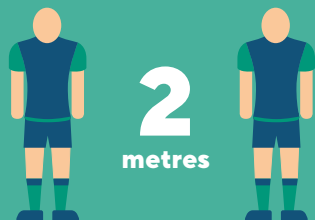
Max group size of 8.  
No shared equipment.

## RUGBY FACILITIES TO REMAIN CLOSED



Including clubhouses, toilets, changing rooms, gyms, pitches and retail outlets.

## SOCIAL DISTANCING MUST BE MAINTAINED AT ALL TIMES



No physical contact or sharing of equipment, including rugby balls.

## FOLLOW GOVERNMENT HYGIENE PROTOCOLS



Wash your hands for min 20secs on a regular basis.

## NHS TEST AND PROTECT



If you, or any of your household have been showing Covid-19 symptoms you should adhere to NHS Test and Protect.

[NHSINFORM.SCOT](https://www.nhs.uk)